

ALL-AREA GIRLS SWIMMING & DIVING TEAM**GIRLS ATHLETE OF THE YEAR MACEY ARNOLD****All-Area First Team**

ZOEY ANTOLINI
Fort Pierce Westwood sophomore
District 11-2A: Third in diving (331.30 points). **Region 4-2A:** Sixth in diving (358.35). **State 2A:** 18th in diving (214.70).

KAILA BISS
Lincoln Park freshman
District 6-1A: Fourth in diving (369.70). **Region 2-1A:** Seventh in diving (380.55). **State 1A:** 10th in diving (373.20).

AMANDA BROCKSMITH
Sebastian River sophomore
District 6-2A: Fourth in 200 IM (2:28.00); third in 100 breaststroke (1:13.96); on first-place 200 medley and first-place 400 free relays. **Region 2-2A:** Ninth in 200 IM (2:22.78), fifth in 100 breaststroke (1:11.77); on second-place 200 medley relay. **State 2A:** 23rd in 100 breaststroke (1:12.31); on sixth-place 200 medley relay.

HANNAH BURDGE
Martin County freshman
District 11-2A: Second in 100 free (55.26); fourth in 100 breaststroke (1:12.58); on second-place 200 medley and first-place 400 free relays. **Region 4-2A:** Fourth in 100 free (54.48); fourth in 100 breaststroke (1:10.99); on fourth-place 200 medley and first-place 400 free relays. **State 2A:** Sixth in 100 free (53.58); 10th in 100 breaststroke (1:09.29); on eighth-place 200 medley and second-place 400 free relays.

JENNIFER CONWAY
Sebastian River junior
District 6-2A: Third in 50 free (26.41); third in 100 free (57.09); on first-place 200 medley and second-place 200 free relays. **Region 2-2A:** Sixth in 50 free (25.89); fifth in 100 free (57.02); on second-place 200 medley and on third-place 200 free relays. **State 2A:** 23rd in 50 free (26.17); on sixth-place 200 medley, 12th-place 200 free and ninth-place 400 free relays.

DARBY GOODWIN
Pine School freshman
District 6-1A: First in 100 free (53.16); first in 100 backstroke (58.0); on first-place 200 medley and first-place 400 free relays. **Region 2-1A:** Third in 100 free (53.29); second in 100 back (58.61); on second-place 200 medley and third-place 400 free relays. **State 1A:** 12th in 100 free (51.92); sixth in 100 back (57.10); on seventh-place 200 medley and 14th-place 400 free relays.

ORLA JORDAN
Sebastian River freshman
District 6-2A: First in 200 IM (2:17.64); first in 100 back (1:02.15); on first-place 200 medley and first-place 400 free relays. **Region 2-2A:** Seventh in 200 IM (2:17.94); third in 100 back (1:01.97); on second-place 200 medley and second-place 400 free relays. **State 2A:** 11th in 200 IM (2:12.28); 11th in 100 back (59.67); on sixth-place 200 medley and ninth-place 400 free relays.

SORCA JORDAN
Sebastian River senior
District 6-2A: Second in 100 IM (2:19.02); fifth in 100 breaststroke (1:14.60); on second-place 200 free relay. **Region 2-2A:** First in 200 IM (2:11.49); second in 100 breaststroke (1:09.56); on second-place 200 medley and second-place 400 free relays. **State 2A:** 10th in 200 IM (2:11.26); ninth in 100 breaststroke (1:09.11); on sixth-place 200 medley and ninth-place 400 free relays.

RACHEL LANAM
Sebastian River junior
District 6-2A: Second in 100 fly (1:01.79); first in 500 free (5:24.69); on first-place 200 medley and first-place 400 free relays. **Region 2-2A:** Fifth in 100 fly (1:00.79); fourth in 500 free (5:15.51); on third-place 200 free and second-place 400 free relays. **State 2A:** 20th in 100 fly (1:01.61); 13th in 500 free (5:13.57); on 12th-place 200 free relay and ninth-place 400 free relays.

SARA LACUSKY
Martin County freshman
District 11-2A: Second in 200 IM (2:13.44); second in 100 breaststroke (1:11.78); on second-place 200 free and first-place 400 free relays. **Region 4-2A:** Seventh in 200 IM (2:16.7); fifth in 100 breaststroke (1:12.64); on eighth-place 200 free and first-place 400 free relays. **State 2A:** 16th in 200 IM (2:18.46); on second-place 400 free relay.



ALEX BOERNER/TREASURE COAST NEWSPAPERS

Martin County High School's Macey Arnold is the Scripps Treasure Coast Newspapers 2011 Girls Swimming & Diving Athlete of the Year.

Peak performance

Martin County's Macey Arnold got faster as the year went along, and has the medals to prove it

By Aimee Ford Foster
Special to Treasure Coast Newspapers

STUART — For Macey Arnold, getting to the state swim championships has never been an issue.

The Martin County junior has gone each of her three years with the team.

But getting there wasn't the same as excelling there.

Arnold, however, laid to rest any futility she may have been feeling with her performance this year. She swam in the finals of all four of her events, capturing third place in the 200-yard freestyle and fourth in the 500, swimming each fast enough to earn All-American consideration.

Further, she anchored both Tiger relays that advanced to their finals. In the finals of the 400 free relay, Arnold helped shatter the school record when she brought the team home in 3 minutes, 33.25 seconds, another AA-C time.

For her performance at the state meet, not to mention two regional championships and three district titles, Arnold has

Girls Athlete of the Year

Macey Arnold

Martin County junior

District 11-2A: First in 200 free (1:55.16); first in 500 free (5:09.44); on second-place 200 medley and first-place 400 free relays

Region 4-2A: First in 200 free (1:52.11); second in 500 free (5:00.27); on fourth-place 200 medley and first-place 400 free relays

State 2A: Third in 200 free (1:51.37, AA-C); fourth in 500 free (4:57.12 AA-C); eighth-place 200 medley and second-place 400 free relays

Coach Jim McCombs: "Macey had an unbelievable season. If you look at her path, and her consistency, when she reached the upper levels of competition, she hadn't done that well before. Something turned on this year and she had a phenomenal season. She kept getting stronger and faster as the season went along."

been named the Scripps Treasure Coast Newspapers All-Area Girls Swimming & Diving Athlete of the Year.

"When I got up on the third-place podium, that was a big moment," Arnold said. "This year I was more focused and did a lot more exercising and working out. I put all my efforts into swimming."

The desire to move on to college swimming was some motivation, but mostly Arnold just "wanted to go all out. I knew I was better than what I was showing."

Arnold's tight focus is evident by her shrinking times in the postseason.

She shaved nearly four seconds off her time in the 200 from the district meet to the state finals, and a massive 12.5 seconds in the 500.

"She worked more, but she has matured," Martin County coach Jim McCombs said. "She seemed more focused and ready to go. Young kids get nervous about meets, but she seemed calm about all our big meets."

Coach of the Year



Scott Barlow

School: Sebastian River

Years with team: Six

This season: Led the girls to the best postseason in school history. Sebastian River won the District 6-2A championship and then finished second at the Region 2-2A meet.

More swimmers advanced to the state than ever before, including all three relays. The Sharks placed 10th at the state meet, which marked the first time the team ever scored any points there.

Quotable: "It seems like we accomplished all our goals and everyone contributed. It was unlike any team effort I've ever been a part of. I've been coaching for 28 years and it was really a special season for me."

All-Area First Team continued



Zoey Antolini



Kaila Biss



Amanda Brocksmith



Hannah Burdge



Jennifer Conway



Darby Goodwin



Orla Jordan



Sorca Jordan



Rachel Lanam



Sara Lacusky



Emma Madden



Micaela Martinelli



Aubrey Murray



Karolina Poderski



Abigail Remsburg



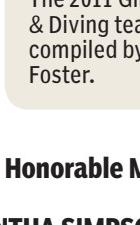
Dakota Toner



Samantha Simpson



Ashley Wright



The Team

The 2011 Girls Swimming & Diving team was compiled by Aimee Ford Foster.

Honorable Mention on 7C

EMMA MADDEN
Pine School sophomore
District 6-1A: Second in 50 free (25.98); first in 100 breaststroke (1:09.65); on first-place 200 medley and 200 free relays. **Region 2-1A:** Ninth in 50 free (26.29); fourth in 100 breaststroke (1:08.40); on second-place 200 medley and third-place 400 free relays. **State 1A:** Eighth in 100 breaststroke (1:07.03); on seventh-place 200 medley and 14th-place 400 free relays.

MICHAELA MARTINELLI
Sebastian River sophomore
District 6-2A: First in 200 free (2:05.56); second in 500 free (5:32.49); on second-place 200 free and first-place 400 free relays. **Region 2-2A:** Third in 200 free (2:00.26); sixth in 500 free (5:23.00); on third-place 200 free and second-place 400 free relays. **State 2A:** 21st in 200 freestyle (2:02.38); 24th in 500 free (5:29.91); on 12th-place 200 free relay.

AUBREY MURRAY
Martin County junior
District 11-2A: First in 100 butterfly (1:00.15); first in 100 back (1:00.01); on second-place 200 medley and first-place 400 free relays. **Region 4-2A:** First in 100 butterfly (58.21); fifth in 100 back (59.75); on fourth-place 200 medley and first-place 400 free relays. **State 2A:** Fourth in 100 butterfly (57.65); fourth in 100 back (59.68); on eighth-place 200 medley and second-place 400 free relays. **State 1A:** Second in 100 butterfly (48.15); on seventh-place 200 medley and 14th-place 400 free relays.

KAROLINA PODERSKI
Pine School senior
District 6-1A: First in 200 IM (2:18.20); fifth in 100 back (1:03.40); on first-place 200 free and first-place 400 free relays. **Region 2-1A:** Third in 200 IM (2:16.24); 10th in 100 back (1:04.38); on ninth-place 200 free and third-place 400 free relays. **State 1A:** 21st in 200 IM (2:16.45); on 14th-place 400 free relay.

ABIGAIL REMSBURG
Martin County junior
District 11-2A: Seventh in diving (300.50). **Region 4-2A:** Fourth in diving (362.35). **State 2A:** 15th in diving (283.65).

DAKOTA TONER
Pine School junior
District 6-1A: First in diving (491.10); first in 100 butterfly (1:01.95); on first-place 200 medley relay and first-place 400 free relay. **Region 2-1A:** First in diving (507); ninth in 100 butterfly (1:03.29); on second-place 200 medley and third-place 400 free relays. **State 1A:** Second in diving (488.15); on seventh-place 200 medley and 14th-place 400 free relays.

SAMANTHA SIMPSON
Sebastian River sophomore
District 6-2A: Fourth in 50 free (27.34); second in 100 back (1:04.40). **Region 2-2A:** 10th in 50 free (26.99); second in 100 back (1:01.56). **State 2A:** 20th in 100 back (1:02.33); on 12th-place 200 free relay.

ASHLEY WRIGHT
Lincoln Park junior
District 6-1A: Second in diving (427.25). **Region 2-1A:** Second in diving (45.40). **State 1A:** Fifth in diving (422.05).

Coming Sunday

Boys Swimming & Diving All-Area Team